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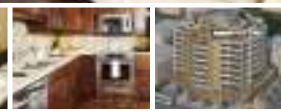


FALLING HEMLINES

DESIGNERS THINKING PINK, LADY-LIKE, OVERSIZED AND FUR, LOTS AND LOTS OF FUR, FOR FALL FASHION PAGE 15

At the Centre of it all







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Liquor, cigarettes to cost more as budget unveiled

Sask. shows restraint. Projected drop in resource revenue a factor in province's balanced spending plan



ROSS ROMANIUK
ross.romaniuk@metronews.ca

Cigarettes and liquor will cost more in Saskatchewan under a government budget that projects less resource revenue to use for balancing the books in the year ahead.

"It balances the priorities of Saskatchewan people," Finance Minister Ken Krawetz said Wednesday before tabling the Saskatchewan Party's budget at the legislature.

"At a time when most jurisdictions in Canada continue to struggle with large defi-

cits and mounting debt, Saskatchewan's finances remain sound."

The blueprint for the 2013-14 fiscal year calls for a tobacco tax hike of four cents per cigarette as of Thursday. Liquor will be hit with an approximately three per cent tax increase across all beverage categories beginning April 1.

The \$11.54-billion budget includes a 7.6 per cent increase for infrastructure projects, for a total of \$847.5 million.

But an overall 2.1 per cent hike in base operating funds for the province's universities falls short of what the University of Regina has said it needs.

"We'll try to mitigate any layoffs as best we can," said U of R president Vianne Timmons.

"We've been through attrition and reducing our workforce, and we'll continue to

do so."

Ilene Busch-Vishniac, president of the University of Saskatchewan, said her university has "done quite well" with its provincial funding, though it's also eyeing layoffs and cuts in programs.

"In addition," she said, "we're reviewing all of our programs and services to make sure that we set priorities and that our resources match our priorities."

Krawetz noted that a projected drop in revenue to \$2.67 billion from non-renewable resources, including potash and oil, from \$3.15 billion in last year's budget is a key reason for tightening the belt.

NDP finance critic Trent Wotherspoon charged that the "credit card" budget doesn't cut into the province's \$3.8-billion debt, and is short \$54 million of what the health regions and the Saskatchewan Cancer Agency need.



Saskatchewan Finance Minister Ken Krawetz tables the 2013 provincial budget at the legislature in Regina on Wednesday. LIAM RICHARDS/THE CANADIAN PRESS



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Sask. entrepreneur wants Dragons to bite melon bra

'Excited.' Retired firefighter Ed Onishenko is aiming to get some support for his bra from the investors on CBC's Dragons' Den

A few years ago Ed Onishenko invented the Melon Bra — a novelty bra made to complement the iconic melon helmet Saskatchewan Roughriders fans wear to show off their Rider pride.

And now, Onishenko is aiming to get some support for his bra from the investors on CBC's Dragons' Den.

"I'm totally excited," said Onishenko. "I'm looking forward to Dragons' Den and I can't wait to get there. Even the producer is excited for us to come."

Onishenko, who is a retired Saskatoon firefighter will be asking the Dragons for \$50,000 and 50 per cent of his business. He hopes the

fact that he donates a portion of bra sales to breast cancer research will help win over the heart of at least one investor.

"I think Arlene Dickinson will definitely like my product," said Onishenko. "It's important that we give back to community and donate to breast-cancer research. Everybody knows someone who is touched with cancer."

Onishenko, who also wrote a children's book on fire safety, is an entrepreneur at heart and calls his business a fun hobby to do in his retirement, adding that he will be keeping an open mind when he faces the Dragons.

"If something happens — great. If not, then we just gave it our best shot," said Onishenko.

Onishenko will be face-to-face with the Dragons on their home turf for a taping on March 28, but it is not yet known if, and when, the Melon Bra pitch will be televised.

JANE CAULFIELD/METRO IN SASKATOON



Retired Saskatoon firefighter and entrepreneur Ed Onishenko stands in front of a fire truck wearing his invention — the Melon Bra. The bra — made to coordinate with the melon helmet worn by Riders fans — will be looking for support from CBC's Dragons' Den later this month. JANE CAULFIELD/METRO

Cost-saving measures

Western Development Museum to reopen on Mondays

With a clean bill of financial health, the Western Development Museum will open its doors on Mondays once again.

Starting on April 1, Western Development Museum (WDM) locations in

Moose Jaw, North Battleford, Saskatoon and Yorkton will reopen their doors to the public on Monday after reducing hours in an attempt to balance the museum's budget.

A release from the museum explained cutting the hours alongside several other initiatives were successful in addressing the budget shortfall and the WDM has managed to absorb costs associated with inflation and eliminate its

deficit.

During the 2013-2014 fiscal year the museum will continue to implement a number of cost-saving measures and several new initiatives designed to increase the museum's self-generated revenue. METRO

On the web

For more local news go to metronews.ca.



Street robbery

Two men charged in purse snatching

Two Regina men have been charged with robbery after a 75-year-old woman's purse was taken from her on Monday afternoon.

Police were called to a parking lot on the 1800 block of Saskatchewan Drive at approximately 4 p.m. on Monday after calls that a woman's purse had been stolen.

Police say a man grabbed the purse and after a brief struggle, fled the scene by running to a waiting vehicle on Broad Street.

A man nearby tried to catch the culprit but was unsuccessful. The woman fell to the ground but was not seriously hurt.

Both Dyllan Williamson, 20, and Travis Lonethunder, 23, have been charged with robbery. They appeared in provincial court on Wednesday morning. METRO

1 NEWS

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As winter-like weather continues to blast through the Queen City, we here at Metro have compiled a list of all there is to look forward to this spring, beyond the warmer weather.

JEFF MACKEY/METRO
jeff.mackey@metronews.ca

1



CONTRIBUTED/JUNO AWARDS

Party with Carly Rae Jepsen

Regina will be hosting this year's Juno Awards. Canada's top music talent will be descending on the Queen City in April for a week-long party.

5

things to enjoy this spring

Time for some rec-league antics

Sure, hockey and curling are great and everything, but some sports are best played in the fresh air. Football, baseball, soccer ... ultimate Frisbee — they're all coming back in a big way this spring so start stretching out. Rec-league signups close early in April so get your teams together.



METRO



METRO

Sip a cold one on the patio

Remember patios? Probably not, since most of them have been hiding under a thick layer of snow since November. But patio time is almost nigh, and this is a good thing. Sunshine. Good eats. Cold beverages. Enough said.

School's out for spring/summer!

No more pencils, no more books, about that time for a six-month chinook. The University of Regina will be getting out in April — how awesome is that? Public-school students will have to wait till June before they can fully enjoy the weather, but hey, can you feel it? That warm light at the end of the tunnel.



METRO

Get fresh veggies and some sun

OK, so Regina's farmers' market has technically been operating indoors since the beginning of March, but it will be moving outside to City Square plaza beginning in May.



METRO

Saskatchewanians opt for tap over bottled water: StatsCan

More people in Saskatchewan are ditching bottled water in favour of good old-fashioned tap water, according to data recently released by Statistics Canada.

According to the data, 76 per cent of Saskatchewan people were choosing to drink tap water in 2011 — an 11 per cent increase from 2008.

Ken Cheveldayoff, Saskatchewan's minister of environment as well as the minister responsible for the

Water Security Agency and the Saskatchewan Water Corporation, said more people are choosing tap water for a variety of reasons, including an increased trust in water quality.

"People have become more environmentally aware and they are more sensitive to problems of pollution caused by plastic bottles, including bottled water," said Cheveldayoff. "People are also cost-conscious and bottled water

can be relatively expensive."

"People also know that tap water is highly regulated, with extensive monitoring and testing and this increases consumer confidence."

With World Water Day happening this Friday, Cheveldayoff said it is good to know Saskatchewanians trust what he calls the province's "most precious natural resource."

"It's about making sure that resource is used in a responsible manner," said

Cheveldayoff. "I think really what people are starting to realize is that bottled water is not healthier than the less costly and highly regulated tap water."

"The theme of the 2013 World Water Day is co-operation and that's a really important point in Saskatchewan.... Our challenge is to keep the economy growing but to ensure that we are stewards of water."

JANE CAULFIELD/METRO IN SASKATOON



Recent data from Statistics Canada shows that 76 per cent of people in Saskatchewan choose to drink tap water rather than bottled water.

JANE CAULFIELD/METRO IN SASKATOON

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Nuclear waste spikes deficit

\$2.4-billion increase.
Opposition accuses Tories of using hike to fudge budget numbers

A sudden \$2.4-billion revision to Canada's nuclear liabilities has crept up on Finance Minister Jim Flaherty and substantially deepened the deficit for the current fiscal year at a time when he is trying desperately to whittle it down.

Analysts say there is probably enough wiggle room in the government numbers this year to absorb the \$2.4 billion without throwing Flaherty's longer-term deficit reduction plans too far off course.

But the Opposition is suspicious of the timing of the discovery, suggesting the Conservatives are playing with budget numbers to mask their lack of oversight of environmental liabilities.

Atomic Energy of Canada Ltd. (AECL) quietly announced Tuesday night that the expected long-term cost for cleaning up its nuclear program has surged to a total of \$6 billion, up dramatically from the \$3.6 billion currently on the books.

AECL said the increase will go straight to the deficit for the 2012-2013 fiscal year.

"The main reason for the liability adjustment is an increase in the indirect costs attributed to the decommissioning and waste manage-

Criticism

"It shows a profound inability to take the right management decisions to see what liabilities exist."

NDP natural resources critic Peter Julian in an interview on Wednesday.

ment over the period of up to 70 years of the program," says the AECL.

It's no coincidence that word of the increase is emerging just before Flaherty tables the spring budget, says Peter DeVries, an Ottawa-based consultant and former senior official at the Finance Department.

"They want to book it now, in 2012-13, because the year is nearly over. They want to get it out of the way," DeVries said in

an interview.

The \$2.4 billion will show up as a one-time hit on the books for 2012-13 only — even though the money won't actually be spent for years.

"It's a year that is not important in terms of hitting their deficit target in 2015-16. They want to make sure they have got as complete a liability as they can come up with and book it completely to get it out of the way," DeVries said.

Indeed, before the AECL

news, the federal government was probably on track to come in a couple of billion dollars ahead of where they had projected last fall, added TD Bank economist Derek Burleton.

So even though the revised liability will set them back, Ottawa is better off booking it this year than next, he said.

However, NDP natural resources critic Peter Julian believes that by dumping the full cost into the 2012-2013 fiscal year at the last moment, the Conservatives will then try to argue that they made huge progress in deficit reduction in 2013-2014. But in reality, the future deficit will be smaller mainly because the AECL charge was a one-time hit.

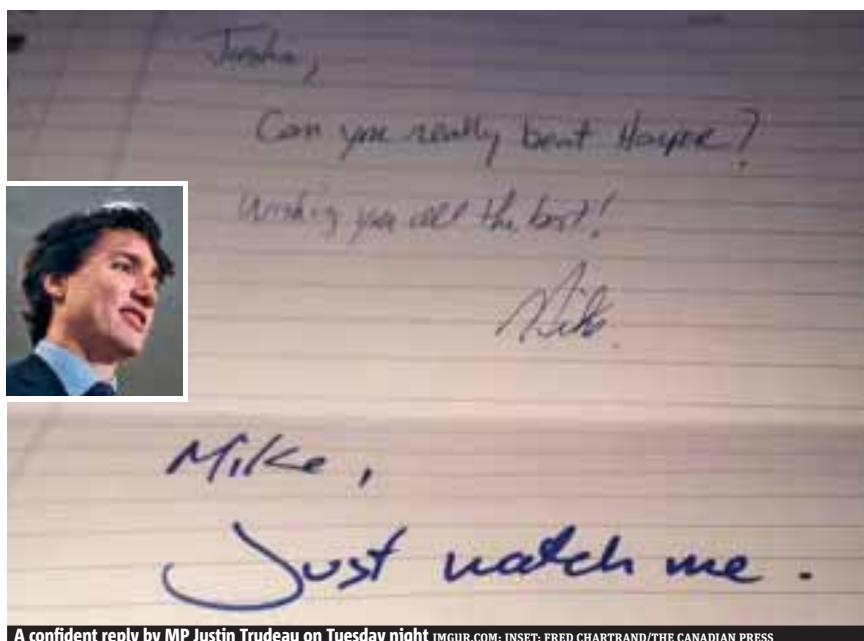
THE CANADIAN PRESS

Nuclear management

For years, the federal government did not carry any liability for the cost of cleaning up nuclear waste.

- **Review.** But in 2005, officials began trying to put a price tag on decommissioning, managing and safe disposal.

- **Hike.** Expected costs have been rising because of higher standards, a better understanding of decommissioning and low interest rates, Natural Resources Minister Joe Oliver said in a statement.



A confident reply by MP Justin Trudeau on Tuesday night IMGUR.COM; INSET: FRED CHARTRAND/THE CANADIAN PRESS

'Just watch me' become prime minister: Trudeau

Forty-two years after it was first uttered — in very different circumstances — the Trudeau challenge is back.

"Just watch me," Justin Trudeau scribbled in a note on Tuesday night, when a fellow passenger on his flight asked whether the Liberal leadership contender could defeat Prime Minister Stephen Harper.

"Justin, can you really beat Harper?" Michael Kydd wrote on a note he passed to Trudeau. "Wishing you all the best!"

Trudeau replied by in-

voking his father's famous phrase during the FLQ crisis of 1970, when a band of Quebec separatists kidnapped a British diplomat and a cabinet minister.

Then-prime-minister Pierre Trudeau was asked by a reporter how far he would go in the suspension of civil liberties during the crisis.

"Well, just watch me," he said at the time.

It turns out Kydd will be "just watching" Trudeau, however. Kydd acknowledged he's a lifelong Conservative.

Harper's communications

director, Andrew MacDougall, was having some fun, too, on Wednesday. MacDougall put out his own scribbled note. A photo was posted on Twitter with a question: "Hey Andrew, what do you think about Justin Trudeau's 'just watch me' quote? Best, Dom."

The reply: "Hey Dom: Fuddle Duddle! Andrew."

("Fuddle duddle" was what Pierre Trudeau claimed he said during a stormy session in the Commons. Others said it was a well-known obscenity.)

TORSTAR NEWS SERVICE

Commons speaker forced to break up name-calling over 'ugly' politics

Things certainly got a bit ugly in the House of Commons.

With Opposition accusations flying over the resignation last week of Labrador MP Peter Penashue, Prime Minister Stephen Harper again heaped praise on his former intergovernmental affairs minister.

Harper told the Commons he expected the Conservatives would run a clean campaign in a byelection in which Penashue has pledged to run. But he also suggested the Liberals were already running a "negative, ugly campaign" against Penashue.

That prompted an exchange with interim Liberal Leader Bob Rae, with the Commons speaker forced to break



The PM continues to back his former intergovernmental affairs minister. ADRIAN WYLD/THE CANADIAN PRESS

up the verbal melee.

Rae told the House the Conservatives had only to look in the mirror if they wanted to see ugly.

Penashue resigned his cab-

inet post and his seat in the Commons last week after Elections Canada found his election campaign had accepted 28 ineligible donations.

He has since pledged to run in a byelection and is being supported by the prime minister, even though Elections Canada is continuing to investigate.

The opposition parties have accused Harper of acting immorally by allowing Penashue to run in a byelection after being caught "buying" his last election.

The prime minister has said Penashue has accomplished much for his constituents and should be allowed to face voters based on his track record. THE CANADIAN PRESS

B.C. Court of Appeal

Assisted-suicide ban called 'torture'

Forcing patients to suffer agonizing deaths without the power to ask a doctor to end their lives is like "torture," a lawyer told the B.C. Court of Appeal Wednesday as he argued for assisted suicide. Joseph Arvay said the ban leads patients to end their lives early because they know they won't receive help if they become debilitated later. THE CANADIAN PRESS

Human rights

First Nations bring record complaints

First Nations communities brought a record number of complaints last year to the Human Rights Commission. Its annual report attributes the surge to a 2008 law change that allowed aboriginals to complain about matters under the Indian Act. Then in 2011, they were allowed to complain about their own First Nations governments. THE CANADIAN PRESS

Via Rail

Train jumps tracks, causing delays

Via Rail says passenger train service was interrupted on its busy route between Ottawa, Montreal and Toronto after a Canadian Pacific freight train derailed southwest of Ottawa. A total of five CP freight cars derailed Wednesday afternoon at Smiths Falls. No injuries were reported. THE CANADIAN PRESS

'We're going to stop these pipelines'

First Nations. Aboriginal groups say stakes are so high, they'll keep fighting Keystone XL and Northern Gateway

An alliance of First Nations leaders is preparing to fight proposed new pipelines in the courts and through unspecified direct action.

Native leaders from Canada and the United States were on Parliament Hill Wednesday to underline opposition to both the Northern Gateway and Keystone XL pipelines.

The first would tie the Alberta oil sands to the West Coast, while the second would send bitumen to refineries on the American Gulf Coast.

Natural Resources Minister Joe Oliver said the federal government is consulting with

Save the earth

"We're the ones that's going to save whatever we have left of this earth."

Chief Martin Louie of the Nadleh Whut'en First Nation in northern B.C.

First Nations and is ready to hear their concerns.

"We're making every effort to respond to the concerns we have heard on the West Coast," he said after a caucus meeting.

"They want to do the best for their communities and we want to do the best for their communities as well. So I remain very hopeful."

Some of the chiefs brushed off the federal government's appointment this week of a special envoy to look at tensions between natives and the energy industry.

Chief Allan Adam of the



Phil Lane Jr., of the American Yankton Sioux Nation, says native groups south of the border will stand with their Canadian cousins in their protest of Northern Gateway and Keystone XL pipelines. ADRIAN WYLD/THE CANADIAN PRESS

Athabasca Chipewyan First Nation said natives are determined to block the pipelines.

"It's going to be a long, hot summer," he said at a news conference.

Phil Lane Jr. of the Amer-

ican Yankton Sioux said native groups south of the border will stand with their Canadian cousins.

"We're going to stop these pipelines one way or another," he said. THE CANADIAN PRESS

Teen football players

Girl, 13, taunted in sexual assault case

Two members of the Torrington, Conn. High School football team have been charged with sexually assaulting a 13-year-old girl, who has been taunted on social media sites in recent weeks by dozens of classmates upset at the allegations.

The Register Citizen

reports the two 18-year-old football players, Edgar Gonzalez and Joan Toribio, have been charged with felony second-degree sexual assault and other crimes in an investigation that began last month. Both have pleaded not guilty.

The newspaper reports social media posts by classmates taunting the accuser have been vulgar, blaming her for ruining the players' lives.

THE ASSOCIATED PRESS

Targeted? Shooter kills head of Colorado prisons

Colorado's top state prison official was shot and killed when he answered the front door of his house, setting off a hunt for the shooter and raising questions about whether the attack had anything to do with his job.

Tom Clements, 58, was shot around 8:30 p.m. Tuesday in Monument, north of Colorado Springs, and a witness reported a person driving away in a dark-coloured "boxy" car that had its engine running at the time of the shooting, authorities said.

Investigators were exploring all possibilities, including

that the shooting could have been related to Clements' job as executive director of the Colorado Department of Corrections.

While the motive of the killing wasn't immediately clear, similar attacks on officials have been on the rise in the U.S., said Glenn McGovern, a California investigator who tracks such incidents worldwide.

The attacks are often motivated by revenge, said McGovern, who has documented more than 133 attacks since 1950. THE ASSOCIATED PRESS

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Networks crash at S. Korean banks, media companies

Cyberattack. North Korea is suspected of being behind the attack that paralyzed ATMs across the country

A cyberattack caused computer networks at major South Korean banks and top TV broadcasters to crash simultaneously Wednesday, paralyzing bank machines across the country and prompting speculation of North Korean involvement.

Screens went blank at 2 p.m., the state-run Korea Information Security Agency said, and more than seven hours later some systems were still down.

Police and South Korean officials couldn't immediately determine responsibility and North Korea's state media made no immediate comments on the shutdown. But some experts suspected a



An employee works near a computer with an error message at the Seoul newsroom of all-news cable channel YTN after the South Korean broadcaster's computer network was paralyzed on Wednesday. Computer networks at major South Korean banks and top TV broadcasters crashed en masse. YONHAP/THE ASSOCIATED PRESS

cyberattack orchestrated by Pyongyang. The rivals have exchanged threats amid joint U.S.-South Korean military drills and in the wake of UN

sanctions meant to punish North Korea over its nuclear test last month.

The network paralysis took place just days after

North Korea accused South Korea and the U.S. of staging a cyberattack that shut down its websites for two days last week. Loxley Pacific, the Thai-

land-based Internet service provider, confirmed the North Korean outage but did not say what caused it.

THE ASSOCIATED PRESS

Regime, rebels call for probe of alleged chemical attack

Syria's government and rebels on Wednesday both demanded an international investigation into an alleged chemical-weapons attack, as the country's feared arsenal became the latest propaganda tool in the two-year-old civil war.

President Barack Obama said the United States is investigating whether chemical weapons have been deployed in Syria, but noted that he is "deeply skeptical" of claims by President Bashar Assad's regime that rebel forces were behind such an attack.

"Once we establish the facts, I have made clear that the use of chemical weapons is a game changer," Obama said in a news conference with Israeli Prime Minister Benjamin Netanyahu in Jerusalem.

The use of chemical weapons by either side is a nightmare scenario. Along with its warnings about Assad, the West is just as



Syrian girls paint their faces with colours of the Syrian revolutionary flag during a festival in Aleppo, Syria, Wednesday. AMC/ALEPPO MEDIA CENTRE/THE ASSOCIATED PRESS

concerned that rebel forces, including some linked to al-Qaida, could get their hands on Syria's chemical-weapons supplies.

Despite the importance, any clear confirmation of the nature of the attack that took place Tuesday in the northern village of Khan al-Assal, killing at least 31 people, is unlikely. Syria's government seals off areas it controls to journalists and outside observers.

If confirmed, it would be the first time a chemical weapon has been used in Syria's war that has already killed an estimated 70,000 people.

Syria's UN Ambassador Bashar Jaafari told reporters at the United Nations Wednesday that he had asked UN Secretary-General Ban Ki-moon to form "a specialized, independent and neutral technical mission to investigate the use by the terrorist groups operating in Syria of chemical weapons" in Khan al-Assal.

Jaafari called the attack "very serious and alarming and unacceptable and unethical."

Syria's main opposition group also demanded an international investigation.

Obama has declared the use, deployment or transfer of the weapons to be his "red line" for possible military intervention in the Arab country. THE ASSOCIATED PRESS

Tensions with Iran. Obama pledges support for Israel

Eager to reassure an anxious ally, U.S. President Barack Obama on Wednesday promised to work closely with Israel and do whatever is necessary to keep Iran from obtaining nuclear arms, "the world's worst weapons."

Obama, meeting with Israeli Prime Minister Benjamin Netanyahu on his first visit to the Jewish state as president, said of Iran's nuclear ambitions: "We prefer to resolve this diplomatically and there is still time to do so." But he added that "all options are on the table" if diplomacy falls short.

Netanyahu, at Obama's side for a joint news conference, said that while he appreciated U.S. efforts to thwart Iran's

pursuit of nuclear weapons through diplomacy and sanctions, those tools "must be augmented by a clear and credible threat of military action."

Seeking to alter a perception among many Israelis that his government has been less supportive of Israel than previous U.S. administrations, Obama declared the U.S.-Israeli alliance "eternal."

Palestinians held several protests in the West Bank and Gaza, accusing the U.S. of bias. Activists erected tents outside Jerusalem to draw attention to Israel's policy of building settlements. The tents were pitched in an area where Israel said it plans on building thousands of homes. THE ASSOCIATED PRESS



U.S. President Barack Obama and Israeli PM Benjamin Netanyahu after a joint news conference in Jerusalem, Wednesday. CAROLYN KASTER/THE ASSOCIATED PRESS

2011 massacre

Norway sets \$19M to fight terror

The Norwegian government has pledged an extra 109 million kroner (\$19.4 million) this year to improve terror preparedness following the July 22, 2011, massacre when a right-wing extremist killed 77 people in a bomb attack and shooting rampage.

THE ASSOCIATED PRESS

Potential arms race

N. Korean bank sanctions sought

A senior Republican lawmaker pushing for tougher U.S. banking sanctions on North Korea says the isolated nation's development of a nuclear weapon could trigger an atomic arms race in East Asia. House Foreign Affairs Committee chairman Ed Royce said Wednesday that South Korea, Japan and Taiwan might seek nuclear weapons if Pyongyang miniaturizes a nuclear warhead it can mount on a missile. THE ASSOCIATED PRESS

Egypt

Judges suggest dissolving Muslim Brotherhood

A panel of judges has recommended the dissolution of Egypt's Muslim Brotherhood, the Islamist group from which President Mohammed Morsi hails.

The recommendation is significant given charges that the Brotherhood is the real power behind Morsi. The president and Brotherhood have repeatedly denied the charge.

The recommendation was made to a high administrative court expected to rule this month in a case over the Brotherhood's legitimacy. The group was banned until the fall of autocrat Hosni Mubarak in 2011. THE ASSOCIATED PRESS

Ban lifted

Jews of Egypt film to air in cinemas

The director of a documentary on Egypt's Jewish community says authorities have lifted a ban on showing the film in local cinemas. The Jews of Egypt follows the lives of the community in the 20th century. THE ASSOCIATED PRESS

Pregnancy. DNA from three researched to prevent passing on genetic diseases

Britain's fertility regulator says it has found broad public support for in vitro fertilization techniques that allow babies to be created with DNA from three people for couples at risk of passing on potentially fatal genetic diseases.

It also found there was no evidence to suggest the techniques were unsafe, but said further research was still necessary.

Critics, however, slammed the decision as a breach of ethics, saying there were already safe methods like egg donation to allow people to have children without mitochondrial defects.

Britain's Human Fertilisation and Embryology Authority began a public discussion of the topic at the government's request last year.

"Although some people have concerns about the safety of these techniques, we found that they trust the scientific experts and the regulator to know when it is

Genetic-disease research

"The sole aim (is) preventing a potentially fatal condition from being passed down to the next generation."

Marita Polschmidt, director of research at the Muscular Dystrophy Campaign

appropriate to make them available to patients," Lisa Jardine, chair of the group, said in a statement Wednesday.

British law forbids altering a human egg or an embryo before transferring it into a woman, so such treatments are currently only allowed for research. Similar research is going on in the U.S.

About one in 200 children every year in Britain is born with a mitochondrial disorder. Mistakes in the mitochondria's genetic code can result in serious diseases.

THE ASSOCIATED PRESS



All-smiles with Baby on Board

The Duchess of Cambridge smiles at the Queen after she receives a "Baby on Board" badge. It's available to pregnant passengers on London's Tube to let others know they may need a seat. The Royals were celebrating the underground's 150th anniversary. MATT DUNHAM/THE ASSOCIATED PRESS

OMA. Ontario doctors want crackdown on antibiotic use in farming

The Ontario Medical Association wants the federal and provincial governments to crack down on antibiotic use in farming.

The organization is issuing a call to arms on the problem of antibiotic resistance, warning the world is in danger of losing these drugs because of misuse.

A policy paper drafted by the OMA says Ontario should ban the use of antibiotics as growth promoters in food-animal production.

Farmers currently feed antibiotics to healthy animals both to prevent them from becoming ill and to accelerate growth.

Many more tonnes of the drugs are used in agricultural operations than in human medicine and experts say the practice is fuelling development of resistance.

OMA president Dr. Doug Weir says Canada has been slower off the mark to act to protect antibiotics than countries in Europe and the

'A serious problem'

OMA president Dr. Doug Weir says Canadians do not appear to understand that if antibiotic use isn't curbed, the world faces a future in which some infections will be incurable.

- The OMA wants access to antibiotics for agricultural operations to be limited to cases where veterinarians write prescriptions. Currently farmers use the drugs without surveillance.

United States. The U.S. Food and Drug Administration has barred the disease-prevention use of a class of antibiotics called cephalosporins in animal production, but the practice is not banned in Canada.

The OMA says governments should close loopholes that allow farmers to import the drugs. THE CANADIAN PRESS



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Normal Blood Pressure ☐	High Blood Pressure ☐	Arthritis ☐
Normal Blood Sugar Levels ☐	High Blood Sugar ☐	Autoimmune Disorder ☐
Normal Triglyceride Levels ☐	Elevated Triglycerides ☐	Allergies ☐
	Circulatory Issues ☐	Chronic Prostatitis ☐
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Witness draws federal parties into Quebec corruption inquiry

No followups.

Questioning about donations of fake-billing proceeds to parties leads to federal level

Quebec's corruption inquiry has heard that illegal political financing happened beyond the world of provincial politics and also permeated the federal level.

The issue, briefly raised Wednesday at the inquiry, was vaguely addressed and immediately dropped.

An engineering executive was describing how he used fake-billing schemes to funnel cash from his company to parties as illegal provincial contributions.

Then, when asked whether he used that practice to contribute to federal parties, Rosaire Sauriol, the vice-president of Dessau Inc., responded, "Yes."

And that was it. There were no more details about which parties might have received the cash, how much they received, or when they received it.

The mandate of Quebec's corruption inquiry does not extend to the federal level — so any questions about politics beyond the province are deemed out-of-bounds.

But Sauriol's answer is enough to raise questions about whether federal parties were financed with illegal cash



Rosaire Sauriol, vice-president at Dessau, is seen in a screen grab from a video feed as he testifies at the Charbonneau inquiry looking into corruption in the Quebec construction industry, Wednesday, in Montreal.

CHARBONNEAU COMMISSION/THE CANADIAN PRESS

and, if so, which ones. There have been limits since 2004 on corporate donations to federal parties; corporate donations were banned entirely in 2006.

The events that Sauriol has been describing in his testimony occurred as late as 2009.

While testifying Wednesday, Sauriol said his company gave more than \$1 million to provincial parties between 1998 and 2010 — about 60 per cent of it to the Liberals and 40 per cent to the Parti Quebecois.

THE CANADIAN PRESS

Widening scope

More than provincial

Wednesday's brief exchange was a rare example of the inquiry tiptoeing, however gingerly, beyond the confines of Quebec provincial politics.

The inquiry has also twice raised the name of Sen. Leo

Housakos — although he has not been accused of any wrongdoing.

At one point this week, an inquiry lawyer suddenly began asking the head of another engineering firm, BPR, about the senator's work and the company, and his appointment to the upper chamber of the Parliament of Canada. THE CANADIAN PRESS

Marijuana. Dispensary partners with rapper

A Michigan medical-marijuana facility is partnering with a member of the Grammy-winning rap group Bone Thugs-N-Harmony to cultivate and distribute a new strain of medical marijuana.

The Green Oasis and Stanley "Flesh-N-Bone" Howse have agreed to work together on "Phifty Caliber Kush," which they say has a noticeable floral taste and is an effective



A jar of Green Oasis medical marijuana. THE FLINT JOURNAL/THE ASSOCIATED PRESS

pain reliever.

The Flint-area dispensary's owner, Anthony Butler, calls the new pot strain "the best of the best."

Besides distributing "Phifty Caliber Kush," The Green Oasis could begin selling merchandise and possibly host a visit from Howse.

Michigan voters approved marijuana for some chronic medical conditions in 2008. THE ASSOCIATED PRESS

Anti-whaling 'pirates.' Founder eludes arrest

The founder of Sea Shepherd left the environmental group's fleet of anti-whaling ships before they docked in Australia on Wednesday, though the government says it has no reason to arrest him at the moment.

Three Sea Shepherd ships docked at the southern port of Williamstown after weeks of harassing Japanese whalers in the Antarctic Ocean during the annual whaling season.

The Washington state-based organization, which the United States' largest federal court

Wanted man in Japan

Interpol's website says Paul Watson is wanted by Japan for "hooliganism/vandalism/damage, life and health."

last month labeled "pirates," said Watson, a 62-year-old Canadian, had left the fleet before it reached Australia for fear of arrest. His whereabouts have not been disclosed.

THE ASSOCIATED PRESS

Social media giants ignoring Canadian privacy laws: Report

Personal data. Sites are supposed to let users know what information is being collected about them — but they rarely do, a researcher says



LUKE SIMCOE

luke.simcoe@metronews.ca

Many of the most prominent social-media companies are failing to comply with Canadian privacy laws, says a new report.

The study, authored by University of Victoria researcher Chris Parsons, found sites like Facebook, Twitter and Tumblr are “lacking at best, and entirely negligent at worst,” when it comes to things like letting users know what kind of information is collected about them.

Schedule 1 of Canada’s Personal Information Protection and Electronic Documents Act requires social networking sites, upon request, to hand over in-

Market Minute	
	DOLLAR 97.52¢ (+0.15¢)
	TSX 12,826.55 (+52.68)
	OIL \$92.96 US (+80¢)
	GOLD \$1,607.50 US (-\$3.80)
Natural gas: \$3.94 US (-3¢)	
Dow Jones: 14,511.73 (+55.91)	

formation about “the existence, use and disclosure of ... personal information.”

However, when Parsons and his colleague filed such requests, only six of the 18 companies queried even responded, and those that did either refused to provide any information or offered incomplete data.

While Google, Facebook and Twitter do provide auto-

mated methods for users to access their information, Parsons says users are still unable to get all of their personal information. In particular, he and his colleagues found they weren’t given the “metadata” that companies attached to their social-media posts. “We argue that metadata is content,” he said. “And when we understand the metadata, we can understand how corporations and law enforcement use that data.”

For example, metadata can tell a company like Facebook or Twitter how often you’re upgrading your cellphone or what kind of computer you’re using. This information can then be sold to advertisers, or — in a case highlighted by the Wall Street Journal — be used to manage online pricing in order to charge more to certain consumers. In a particularly worrisome example, it appears insurance companies may be using data from social media to decide what kind of coverage they offer customers and at what cost.



Finance Minister Jim Flaherty puts on his annual pre-budget shoes at the Roots Leather Factory in Toronto on Wednesday. A cabinet colleague has criticized Flaherty’s intervention in the mortgage market. NATHAN DENETTE/THE CANADIAN PRESS

Cabinet scuffle. Flaherty should have kept nose out of mortgage rates, Tory minister argues

Not everyone in the Conservative cabinet is backing Jim Flaherty’s latest intervention in the mortgage market.

Small Business Minister Maxime Bernier says he believes the finance minister overstepped his bounds by having his office phone Manulife Financial and ask they withdraw their discount on five-year mortgages to 2.89 per cent from 3.09.

Bernier told reporters he would not have done it. “Me, personally, I would not dictate to businesses what prices to decide,” he said. “It’s the market. It’s supply

Dissension in the ranks

“Me, personally, I would not dictate to businesses what prices to decide.”

Small Business Minister Maxime Bernier

and demand that decides the prices. It is the case for interest rates, it is the case for other products too.” In the House of Commons later, NDP Leader Tom Mulcair questioned which minister — Bernier or Flaherty — speaks for the government. “Which minister has the prime minister’s confidence, the minister of small business or the minister of finance?” THE CANADIAN PRESS

BlackBerry co-founders

\$100M fund aims to make Waterloo leader in quantum computing

BlackBerry co-founders Mike Lazaridis and Doug Fregin have established a \$100-million fund to commercialize quantum computing, an emerging field they say could revolutionize information technology.

They say the Waterloo, Ont. region could be a focal point for new jobs and new industries, much as California’s Silicon Valley became a hub for advances in conventional computing.

Lazaridis and Fregin collaborated to found the company formerly known as Research In Motion in 1984, which became Canada’s leading high-tech company through its pioneering efforts in smartphones. The company recently changed its name to BlackBerry.

Fregin, 53, retired from RIM in 2007 after serving as vice-president of operations.

Lazaridis is the more prominent of the two, having served as co-chairman and co-CEO with Jim Balsillie until early last year when they were replaced in those posts by Thorsten Heins. THE CANADIAN PRESS

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IT'S PRIME TIME FOR TV

Sure, people are killing each other a lot these days, the economy always seems on the verge of collapsing, and the shrinking of chocolate bars continues unabated.

But you can't get me down, because this is the Golden Age of Television.

No other medium can compare. The Beatles came out with every style of pop music in the 60s, and musicians have been trying to catch up, copy or pay tribute ever since.

Movies peaked in the 1970s, when you could go watch The Godfather without being bombarded by tie-ins like a McBrando Triple Burger Combo complete with toy (Bullet-Riddled Sonny).

And the Internet, despite containing the total sum of human knowledge, hasn't figured out yet how to be more than society's porn stash.

But, ah, television. Television is in its sweet spot.

From masterpieces like The Wire and The Sopranos, to epic



HE SAYS

John Mazerolle

metronews.ca

works in progress like Game of Thrones and Mad Men, the last decade of television makes everything that came before it seem like Amateur 44 Minutes.

Just think: There was a time when people arguing the most complex character on television had to decide between Jed Clampett and Hoss Cartwright.

There was a time when the most impressive woman on television was Mary Tyler Moore, because she had a job (!) and could throw that hat a lot higher than people believed possible with scrawny female arms.

There was a time when spoilers were only required for big summertime cliffhangers, like Who Borgified J.R.? It wasn't really required for,

say, Home Improvement. ("This week, Tim Taylor (WARNING: SPOILER AHEAD) gets his wife mad at him and talks it out with Wilson. We'll discuss the repercussions of this shocker and what

it means for the next 11 seasons.")

You can also see how far TV has come if you imagine current shows as old-style programs. "On a very special episode of Game of Thrones, Daenerys Stormborn has a heart-to-heart with her dragons when they take up smoking. King Joffrey enters a skateboarding competition, much to his mother's dismay. And Taylor Swift guest stars as Lady Diva Chanteuse, of House Brokenheart."

We can't even complain about bad television — and there's lots of it — because it's so easy to avoid now. Good TV is there for the buying, renting, streaming or downloading.

For the first time in its history, television has joined the best books and movies in rewarding an active mind. And we should grasp it while we can, because if popular culture has taught us anything, it's that the good stuff never lasts.

Whether this Golden Age of Television is a byproduct of our inability to deal with real-world wars, poverty and lack of chocolate on a planet that is spinning inexorably out of control is a question I will think about eventually — like, when Game of Thrones is over.

Shhh ... TV's on.

ZOOM

An artist within the animal

Works by four-legged, fin-footed and scaled creatures on display

Briana Velazquez and Christian Venegas look at footprints on canvas by the El Paso Zoo's elephants Tuesday inside the Asian Discovery Center.

Through Sunday, Texas' El Paso Zoo will be featuring the exhibit, called Color Coated, of paintings made by snakes, elephants, seals, meerkats and a few other creatures.

THE ASSOCIATED PRESS



A piece of artwork done by Ibu, a Sumatran orangutan, seen at the El Paso Zoo. THE ASSOCIATED PRESS



MARK LAMBIE/EL PASO TIMES/THE ASSOCIATED PRESS

Clickbait



ANDREW FIFIELD

andrew.fifield@metronews.ca

If you happen to be one who tweets, but shrug at the jokes that you read, they're not all that shallow, give these wits a follow, and chuckles will soon flood your feed.



@TheLimerickKing:

What do progressives now think
On banning a sugary drink
These fools are a joke
For thinking a Coke
Is worthy of time in the clink.

@Twitmericks:

There is quite an old Argentinian
Who has a new global dominion
The pontifex Francis
Had previous chances
But now won the conclave's opinion.

I also like this pope-related one from @Twitmericks:

There was an old fellow in Rome
In a church with a bloody big dome
Who said that's enough
Of this papacy stuff
I'm going to veg out at home

Comments

RE: Lululemon Pulls Yoga Pants Off Shelves For Being Too Revealing, published March 19

These pants are made in Asia and sold here for arms and legs! I'll never ever buy these ... the fake ones make my tush look just as nice! We all know people don't buy them for yoga ... C'MON!

Too_Sense posted to metronews.ca

Any publicity is good publicity, this is nothing more than a stunt.

jordangreen posted to metronews.ca

Some people DO buy them for yoga. Not everyone is a poser. It is not that surprising that so many people pose as fitness buffs by wearing the clothes they wear. There are always knock-offs, and that's cool, but the reality is they were designed to do a job. It should be OK if the byproduct is that it is also sexy. Why is that such a problem? Isn't it up to the buyer if the clothes are too revealing or not?

Man, this is so messed up, I would be inclined to think it is at least in part publicity. Another "wardrobe malfunction" LOL.

Ron Davies posted to metronews.ca

WE WANT TO HEAR FROM YOU:

Send us your comments: reginaletters@metronews.ca

Trying to stay relevant with snot rockets and a Walkman

B.A. Johnston.
'Like a really bad Vegas floor show'



BACKSTAGE PASS
Jeff Mackey
jeff.mackey@metronews.ca

Obscure party performer B.A. Johnston knows it's not easy to put a label on his music.

"It's not for everyone," says Johnston, an Ontario performer. "I used to say it was like a really bad Vegas floor show, like an hour with Sammy Davis Jr. or something, but I don't even try to describe it anymore — it's really difficult to do."

On his Myspace page, Johnston's music is said to sound as if "Pac-Man was a guy and Mrs. Pac-Man hated him and he had a Casio keyboard."

Johnston put out his first album in 2005 and has made seven records since. His shows generally include high-kicks, set props, snot rockets, sing-alongs, vulgar jokes and his iPhone.

"In so much that I call my Walkman an iPhone, then yeah — I am just trying to stay relevant and hip," he said.

Johnston will be playing O'Hanlon's Pub, where he says he's always had fun shows and looks forward to coming back.

"I am excited to come to Regina, mostly so that I can

A must-eat

"I am excited to come to Regina, mostly so that I can eat a hotdog at Wonderland Arcade. That is going to be my must-accomplish-in-Regina task."

B.A. Johnston

eat a hotdog at Wonderland Arcade. That is going to be my must-accomplish-in-Regina task," he said.

Johnston's repertoire includes memorable tunes such as My Heart is a Blinking Nintendo, How Many T-Bone Steaks can I Fit in my Pants and Jesus is from Hamilton.

In large part thanks to his live show, Johnston is starting to grow what he calls a "small but loyal" fan base across Canada. Not an easy feat for an unsigned, indescribable act like Johnston — a solo artist in every sense of the word.

"I book the tours — I find that the easy part. The hard part is actually physically doing it," said Johnston. "I find there are kind of two B.A.'s. There is the B.A. that books the shows and he is really ruthless and he will book millions of shows."

"Then there is the B.A. who actually does the shows and hates the other B.A. for making him play seven shows with no days off."

You can catch Johnston at O'Hanlon's Pub on Friday, March 22 at 10 p.m.; no cover.



B.A. Johnston will bring his strange and often raunchy live show to O'Hanlon's in Regina on March 22. SUPPLIED/PIGEON ROW

2 SCENE

Sharability



easy

hard

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Three Rivers
SOUTHLAND
PRESENTS



APRIL 19
MOSAIC PLACE
MOOSE JAW

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PRESENTS

JUNO
FEST¹³
Regina & Moose Jaw

APRIL 19 & 20
VARIOUS VENUES

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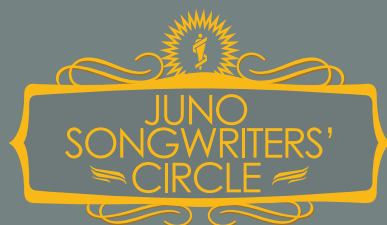
PRESENTS

JUNO
FAN FARE

APRIL 20
CORNWALL CENTRE
REGINA

SOCAN

PRESENTS



APRIL 21
CASINO REGINA

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Naomi Watts. ALL PHOTOS GETTY IMAGES

Naomi Watts digs deep with words on plastic surgery

Naomi Watts isn't ruling out plastic surgery as an option, but she does worry it might limit her job prospects.

"Never say never — and I certainly don't judge anyone who does it — but most of the characters I play are going through some kind of emotional turmoil, so my job requires me to have expression," Watts tells Australia's Good Health magazine. "If my face was frozen, what right do I have to play that part? All the women who haven't (done) anything to their faces are still able to play great roles. And some of the ones who have done something have messed it up — they look freakish."



Pink.

Pink stops show to help little girl

Pink certainly knows how to keep the peace. The singer halted a recent Philadelphia concert when she noticed a little girl in the crowd crying, according to Us Weekly.

"Is everything OK right? Is this little girl all right? Why is she crying? Why is she upset?" asked Pink, who was informed by audience members that an altercation had upset the young girl. "Because there was a fight? You all are fighting around a little girl?" she asked.

Pink then coaxed the girl on stage and gave her a treat.

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metronews.ca
Thursday, March 21, 2013

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



James Franco couldn't care less if you don't like what he does

James Franco has caught flak for his myriad film and art projects he's launched and academic degrees he's pursued, but he's not letting the haters get him down.

"Criticism can sting but not for long. At this point I've heard it all, good and bad. I

can take anything," Franco tells Bullett magazine. "If anyone wants to say that my doing these things makes me a jerk, that's not about me — that's about people reacting to me. I don't need to be liked for anything I do."

He continued on about his haters and why they react the way they do.

"I put out a lot of different kinds of material, and maybe people read that as egotistical. Or maybe, since a lot of it does involve some aspect of me, they find it self-aggrandizing. But there's a long tradition of artists using themselves."

Twitter



@katyperry

About to watch Wayne's World. For the first time.



@MARLONLWAYANS

You don't have to figure life out... It has its way of figuring itself out



@SethMacFarlane

In pre-production for A Million Ways To Die in the West. My horse hasn't kicked me yet, but he did say he hates Family Guy past season 3.

Fall into fashion's future

After four gruelling fashion weeks — New York, London, Milan and Paris — we distilled the biggest themes that came down the runways. Here's what you can expect to wear next autumn.

TINA CHADHA
Metro World News

Back to black

As far as New York goes, one message was clear: fall is going to be all about wearable clothes. And let's face it, nothing in your wardrobe is more versatile than black. It's no surprise then that the classic shade ruled the runways. Pair black items with white for another key trend.

SEEN HERE:
RAG & BONE



Plays on texture

Forget clothes in plain wool or cotton — designers used luxurious textured fabrics such as high-shine pony hair, wooly alpaca, sophisticated tweed and quilted leather to add a layer of interest to their fall looks.

SEEN HERE: LANVIN



Menswear inspired

Borrowing from the boys has been popular for the past few seasons. Designers furthered explored the trend for fall with slouchy, loose suiting.

SEEN HERE:
BLUMARINE



Oversized coats

Besides the tremendous amount of fur on the runway (is PETA still doing their job?) there was another overwhelmingly ubiquitous outerwear trend: coats in oversized proportions and exaggerated cocoon shapes. Squeezing into a crowded subway in one of these is going to be fun.

SEEN HERE: ROCHAS



Pink gets its day

The colour pink gets a bad rap as an uncool girly-girl shade — but that's about to change. Come fall, expect to see stand-out items in every permutation of pink ranging from soft blush to bold fuchsia.

SEEN HERE:
DKNY



There's a lady in the house

For those of you who don't do androgyny, feminine staples such as peplum tops, full skirts with longer hemlines and pencil skirts with cinched jackets gave collections a polished, lady-like feel.

SEEN HERE: ROCHAS



ALL PHOTOS GETTY IMAGES

Plaid and checks

Whether you go '90s grunge a la Saint Laurent or the more formal route with houndstooth and Prince of Wales check as shown at Tommy Hilfiger, expect to be part of the plaid parade come Fall.

SEEN HERE:
SAINT LAURENT



Winter white

People anxious about getting side eyes for wearing white in the cold seasons can finally put that fear to rest. Designers showed full looks in dreamy pale shades.

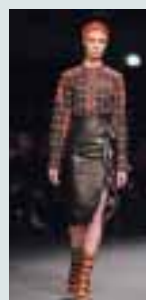
SEEN HERE:
GIAMBATTISTA VALLI



High slits

Are all the safe, wearable clothes putting you to sleep? Skirts and dresses with slits up to there added a sexy jolt to the fall shows.

SEEN HERE:
GIVENCHY

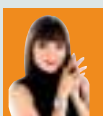


Embellishments galore

This never really ever went out of style. But this show season, the decoration was especially in-your-face with shimmer on top of crystal on top of metal on top of feathers. No matter what your trimming of choice is, there was an option to choose from on the runway.



Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

IN THIS HECTIC MODERN WORLD, TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.



@Jeanne_Beker: About to blow out my candles!!! Wishing for ????????

@cd_dean: return of fashion tv, of course, we miss your keen eye and ability to smooze even the most diva of designers. Happy birthday.

@SeaAndBeScene: Happy Birthday Ms.Beker - eat cake & celebrate YOU!!! From your fans on Canada's East Coast (and there are a LOT of 'em) xo

@LindaFrum: Best birthday wishes to you Jeanne!

The Kit

Canadian street style

Spotted in: Halifax

Tosan Ikomi
Student

Age: 23

What she's wearing

Scarf from Ethiopia, Vagabond vintage coat, Guess jeans, Winner purse, Aldo boots.



Her inspiration "I usually dress according to how I'm feeling, but this outfit was inspired by what a friend was wearing yesterday."

THE KIT PHOTOBLOGGER:
MEGHAN TANSEY WHITTON, FASHIONEASTHALIFAX.COM

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3
THE

Bringing a tiny space into the future



This 1970's condo kitchen is ready to be brought into more modern times. PROVIDED

The tiny five-by-eight foot kitchen in my 1970's condo is in desperate need of an update, but the space is tiny! I'm hoping you can offer some suggestions to make it look modern and larger.

-Sylvia G, via email



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

The redeeming feature of your kitchen is the large window that lets in lots of light, so no matter how small your kitchen area might be it will never look dark.

Here are a few design tips and products that will help modernize your kitchen.

Keep the major elements, such as your stove, fridge and sink in the same areas and consider replacing/upgrading what you have now. That way you will not have to worry about complicated electrical or plumbing issues. I would flip the fridge and stove (simple electrical changes); that way, when you look into the kitchen the stove will offer you more visual depth into the room, making it look larger.

Appliances

Choose a 24-inch-wide fridge with a reflective stainless finish. The narrow fridges today come much taller and are counter depth for a fitted look. I would suggest replacing the stove with a two-burner counter cook top, then build in a micro-convection oven below. This will free up more counter space.

Cupboards

Since your kitchen is small but bright, I suggest a glossy door in a light colour. The glossy finish will reflect light and keep the small area bright. Consider adding a set of glass-fronted cabinet doors on the cupboards above the sink to add a break in the long row of cabinets and allow an attractive area for display.

Countertops

A stone countertop will give you two things: a high-end look for your kitchen and durability. I suggest choosing a countertop colour that blends the colours of your fridge/stove together. For instance, if you choose black appliances then choose a darker countertop. For stainless appliances, go for medium greyish tones and

for white appliances go with light counters.

Backsplash and flooring

Your backsplash should marry your upper and lower cabinets together with its tone/colour. For instance, if you have white cabinetry then choose a white backsplash. For a room-expanding effect consider a mirrored backsplash. I like the grey/smoke mirror for a dramatic effect. This tends to look best when incorporating darker cupboards and counters into a kitchen. Your flooring should be a durable, non-gloss tile in a colour/tone that matches the new appliances you choose.

Lighting

Investing in under-cupboard lighting will add drama at night and allow you to use the kitchen without turning on the bright overhead light. Add a low-profile track light in a modern look to keep the overhead light fixture tight to the ceiling, this will make your ceilings appear taller.

Paint colour

If you want to make the room look large, make sure the gloss and paint on the walls match the cabinets. If you're dealing with a lighter tone, then paint the ceiling the same colour for consistency.



A tall, slim fridge with a stainless look can give a modern style even when only 24 inches wide. LG.COM



A white/grey fleck quartz counter adds a touch of luxury and durability. CAMBRIACANADA.COM



A small cooktop frees up counter space in a tiny kitchen. GEAPPLIANCES.CA



White glossy cabinetry helps to reflect light and keep a kitchen modern in its look. IKEA.COM



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Live on the curly pasta edge with Sicilian-inspired Lamb Ragu

This is one of Nigella Lawson's go-to weeknight suppers. She says you can cook the ragu longer at a lower heat, if desired, but it's also perfect as is.

This recipe calls for pappardelle — those egg-rich, wide ribbons — but you can use whatever type of pasta you have on hand.

"Ragout" is French, "ragu" Italian, and this meat sauce is inspired by the Sicilian combination of sweet lamb, dried mint and crushed chili

flakes, though Lawson said she has added an Anglo note with a little red currant jelly.

1. Put a large pan of water on to boil for the pasta and warm garlic oil in a small, heavy-based pan that comes with a lid; cook shallots, stirring for a minute or so.

2. Sprinkle in mint, oregano and red pepper flakes, stirring again in hot pan before adding meat. Cook for a couple of

minutes, stirring to break it up with a wooden spatula or spoon, until it loses a bit of its pinkness.

3. Add tomatoes, red currant jelly, Worcestershire sauce, salt and some grindings of pepper, then give a good stir and bring to a bubble. Partially cover with the lid and simmer for 20 minutes.

4. At the appropriate time, salt the boiling water and cook pasta according to package instructions, making sure to check for readiness a couple of minutes before it's supposed to be done. Once cooked and not-too-efficiently drained, return pasta to pan and dress with lamb ragu.

5. Sprinkle a little bit of fresh mint onto each bowl, if desired, to serve. **THE ASSOCIATED PRESS/ NIGELLISSIMA: EASY ITALIAN-INSPIRED RECIPES BY NIGELLA LAWSON (KNOPF CANADA, 2013).**

Curly-Edged Pasta With Lamb Ragu



This recipe serves two. MATTHEW MEAD/ THE ASSOCIATED PRESS

Cookbook of the Week

Flavours of Italy



In her book *Nigellissima: Easy Italian-Inspired Recipes*, Nigella Lawson offers up dishes that don't require inaccessible ingredients or techniques. That's because *Nigellissima* shows readers how a weeknight dish can be a faithful (and delicious) interpretation of traditional Italian fares.

Included are recipes like Italian Roast Chicken with Peppers and Olives; Shortcut Sausage Meatballs; Spaghetti with Tuna, Lemon and Arugula; Nutella Cheesecake, and more. **METRO**

Indulge without dairy and gluten: Choco-Olive-Oil Cake

Nigella Lawson said she made this cake for a friend who had been diagnosed with celiac disease.

It's also dairy and gluten-free. It's "very, very easy."

The cake is delicious served warm, with some berries on the side, as well as a dollop of mascarpone or ice cream.

1. Heat oven to 160 C (325 F). Grease a 23-cm (9-inch) spring-form pan with oil and line base with baking parchment.

2. Measure and sift cocoa powder into bowl and whisk in boiling water until you have a smooth, chocolatey, still runny paste. Whisk in vanilla, then set

aside to cool a little.

3. In another smallish bowl, combine almond meal with baking soda and salt.

4. Put sugar, olive oil and eggs into bowl of freestanding mixer with paddle attachment and beat vigorously 3 minutes until you have a pale-primrose, aerated and thickened cream.

5. Turn speed down a little and pour in cocoa mix, beating as you go, and when all is scraped in, you can slowly tip in almond meal mixture.

6. Scrape down, and stir with a spatula, then pour batter into prepared pan. Bake 45 minutes or until sides set and very centre, on top, still looks slightly damp. A cake tester should come up mainly clean but with a few sticky chocolate crumbs clinging to it.

7. Let cool 10 minutes on a wire rack, still in its pan, and then ease sides of the cake with metal spatula and spring it out of the pan.



This recipe makes eight to 12 slices. MATTHEW MEAD/ THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

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Maple Leafs forward Joffrey Lupul tips a puck past Tampa's Mathieu Garon on Wednesday in Toronto. CARLOS OSORIO/TORSTAR NEWS SERVICE

Leafs end losing slide vs. Lightning

NHL. Kadri, Lupul carry offence in Toronto's first win in six games

Nazem Kadri had three assists and Joffrey Lupul added a goal and an assist as the Toronto Maple Leafs snapped a five-game winless streak with a 4-2 victory over the Tampa Bay Lightning on Wednesday night.

Kadri and Lupul won the battle against the Lightning's top line featuring Steven

On Wednesday

4

Leafs

2

Lightning

Stamkos and Martin St. Louis. Dion Phaneuf, Tyler Bozak and Nikolai Kulemin also scored for Toronto (16-12-2) before 19,433 at the Air Canada Centre.

Kadri's three points tie a

career high (he had a hat trick in the Feb. 28 game against the Islanders). The shifty centre had a chance at a fourth point but was hauled down in front of goal by Teddy Purcell midway through the third period.

Rookies Radko Gudas and Cory Conacher scored consolation goals for Tampa Bay in the third, spoiling James Reimer's shutout attempt.

Tampa outshot Toronto 28-26.

The Leafs had been off since a 5-4 shootout loss to the visiting Winnipeg Jets on Saturday, with their last win com-

ing March 6 — a 5-4 decision over visiting Ottawa.

Toronto gave up 16 goals during the five-game winless slide with Reimer, 0-1-2 during that run, allowing eight goals on 76 shots.

Tampa, while 4-6-0 in its last 10, came into the game on back-to-back wins over Carolina and Philadelphia that saw it score four goals in each game. The Lightning (13-16-1) were without star forward Vincent Lecavalier, who reportedly suffered a broken left foot March 12 against Florida.

THE CANADIAN PRESS

NHL

Players' union to get views on visors

The National Hockey League Players' Association plans to canvass its membership on visors.

Mathieu Schneider, a special assistant to NHLPA executive director Donald Fehr, said some 72 to 73 per cent of NHL players currently wear shields.

"By the sheer numbers of players wearing them, you're seeing a big change in visors," said Schneider.

"I'm certainly an advocate — and a bit of a hypocrite myself because I played my entire career without one. But the game's extremely fast. Guys come into the league now having had to wear a visor before. We're definitely going to look at talking to the guys about grandfathering them in."

That might involve polling the players on the issue. The last time they did that, in 2009, players were "heavily" against grandfathering in visors, he said. THE CANADIAN PRESS

Czech Republic

Racist chants earn fans one-year ban

A court in the Czech Republic has banned eight fans from a stadium for one year for racially abusing Philadelphia Flyers winger Wayne Simmonds in October when he was playing there during the NHL lockout.

Simmonds, who is black, was the target of racist chants while playing for Liberec White Tigers at the Chomutov Pirates on Oct. 28 in the Czech league.

THE ASSOCIATED PRESS

Homan slides into 'driver's seat' with 2 wins



Canada's Rachel Homan delivers a stone against Germany in Riga, Latvia, on Wednesday. ANDREW VAUGHAN/THE CANADIAN PRESS

Canada's Rachel Homan faced her biggest challenge yet at the women's world curling championship Wednesday and came through with a pair of impressive victories.

She significantly improved her playoff chances in the process.

Homan entered the evening draw at the Volvo Sports Center in a tie with Switzerland for fourth place in the round-robin standings. The Ottawa skip played arguably her best game of the tournament in a 7-4 win over the Swiss rink.

The win allowed Canada to control its own playoff destiny.

"Definitely in the driver's seat," Homan said. "This whole time we've been in control of our own fate so we just have to keep going."

Homan beat Germany's Andrea Schopp 8-5 earlier in the day.

The 23-year-old Canadian is tied with Russia at 6-3, good for third place in the standings. Homan will play China on Thursday morning and close out her round-robin schedule in the afternoon against Japan.

"We needed two wins to be a little bit more comfortable," Homan said. "But it feels really good to play the way we did. I'm really proud of my team for pulling together and making those big shots and pulling through in the end."

"It was a really great day for my team."

The top four rinks will qualify for the playoffs. Homan can lock up a tiebreaker appearance with one victory on Thursday and earn a playoff spot with two wins.

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